

Summit County Seniors

May Newsletter

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Summit County Community & Senior Center

0083 Nancy's Place

PO Box 1845, Frisco, CO 80443

Phone (970) 668-2940

2016-2017 SCSC BOARD OFFICERS:

Sandy Bainbridge, Marc Schlesinger, Marty Sheets,
Bonnie Guthrie, Bob Giordano, Becky Hopkins,
Steve Ladin, Evie Lau, Art Kalbach

OFFICE STAFF:

Community and Senior Center Manager

- Lorie Williams (x2945)

Events Program Manager

- Julia Rothschild Gidney (x2956)

Senior Services Program Manager

Congratulations! - Niki Vincze (x2942)

Principal Admin. Assistant

- TBD (x2941)

Cook and Kitchen Manager

- Sara Hopkins (x2950)

Office Hours: Mon - Fri, 9am to 5pm

www.SummitCountyCO.gov/seniors

SCSC News

Senior Board & Council Monthly Meeting Tuesday, May 2

Summit County Senior Citizens is Seeking Board Members

Summit County Senior Citizens is seeking Board members. Board members are usually seniors that are already very involved in the organization or someone that wants to become very involved! The primary role is to attend a board meeting, which can be done by calling in, the first Tuesday of each month where all matters of the Summit County Seniors are discussed and votes cast as appropriate. These matters may include finances, oversight of all clubs and activities, relationships with the county and communities, new programs, planning for the future of the organization, advocacy of issues related to Summit Seniors, etc. Board members are expected to volunteer to represent the board on a major event like the Winter Games, the Rummage Sale and/or are active in one of the clubs, programs or services sponsored by the seniors. Members serve a two year term. Please call or email current President Sandy Bainbridge for more information at (970) 584-0311 or Sandy_Bainbridge@yahoo.com.

June Newsletter Contribution Deadline May 5

In order to meet our print and mailing deadlines, **the submission deadlines will always be the first Friday of the month prior**. Submissions for inclusion in upcoming newsletters can be sent to CandSC@summitcountyco.gov.

If you have suggestions regarding the newsletter please email bonniesaunders1@yahoo.com.

Please Submit Volunteer Hours

Please remember that it is very important that group leaders submit volunteer hours to the senior center. As part of the agreement for using space, you are required to submit your volunteer hours. This is very important because the Senior Center is able to access more grant money when they are able to prove the amount of volunteer hours that occur through the Senior Center. Also, please know the difference between in-house volunteer time, anything that is a SCSC volunteer program or event, versus out-of-house, which is with another organization. Thank you.

Upcoming Events

National Senior Health & Fitness Day

Join us at the Senior Center in celebrating the 24th annual National Senior Health & Fitness Day on **May 31st** with a variety of fitness classes and special presentation by a certified Dietician. Call the Senior Center at (970) 668-2940 for more information.

SCSC 40th Anniversary Gala

Summit County Seniors Citizens, Inc., will be celebrating its 40th anniversary with a dinner-dance on **Friday, June 30, 2017**. Appetizers will be served at 5:30pm, followed by dinner at 6:00. DooWop Denny is providing music for our dancing pleasure from 7:00 to 9:00. Cost will be \$25/person. Entrée will be a choice of chicken or salmon marsala. Please sign up, pay and make your food choice at Senior Center by Monday, June 19.

Alzheimer's Talk

Sandy Bainbridge, SCSC President and presenter for the Colorado Alzheimer's Speakers' Bureau, will travel to the Gypsum Library Saturday May 20 to talk about "The 10 Warning Signs of Alzheimer's Disease." After the speech, Sandy will tour Castle Peak, the new Assisted Living facility in Eagle and one of our Winter Games Gold Sponsors.

Sandy is happy to organize a carpool for interested parties to hear the presentation and to take the tour of our closest Senior Care Residence.

Departure time will be 8:30 am from the Senior Center Saturday, May 20, with return about 2:30 pm. There will be a stop for lunch on the return. Please call Sandy directly to register at (970) 584 0311.

The Nature Conservatory

Colorado History through the Lens of Conservation

There will be a short discussion and slideshow exploring the intersection between Colorado's rich human history and efforts to conserve our lands and water. As we work to preserve a sustainable future for nature and ourselves, it is helpful to understand the human footprint that has shaped the State as we know it today.

Matt Moorhead, Southeast Colorado Program Director for the nature conservatory, Colorado Chapter will be here May 15th following Monday Night Dinner to present.

9th Annual Caregiver Conference

On June 5th, from 9am to 3:30pm at the Glenwood Springs Community Center (100 Wulfsohn Rd) is the 9th Annual Caregiver Conference! This Conference is a joint effort sponsored by the NWCCOG - Alpine Area Agency on Aging, Garfield County Department of Human Services, and Northwest Colorado Options for Long-Term Care.

If you are interested in attending, please RSVP by May 19th by calling (970) 945-9191 X3061 or www.coloradocaregiverconference.eventbrite.com.

Save the Date: Selling Margaritas

During the Frisco BBQ, June 16 and 17, SCSC sells Margaritas at a booth located across from the Frisco Historic Park with proceeds going to SCSC. The shifts are two hours each and at the end of the shift you are entitled to a free margarita. This is a fun event and many people sign up for it each year. Sign up at the front desk of the Senior Center.

Chair people for Margarita Booth

The current Co-Chairs for the Margarita Booths are calling this their last year. Please contact Luisa Stafford at (970) 389-1256 or luisastafford@gmail.com for information. Thanks Luisa, Jim & Rox for many years!

SCSC and Senior Center Open House

Mark your calendars for our summer open house, Monday, June 19, 4:30-6pm. Representatives for all activities and services at the Senior Center and through Summit County Seniors, Inc. will be available to answer your questions.

This is especially informative for new members, those considering joining, and those looking for new adventures. It is also a good night to try Monday night dinner. Advance reservations for the dinner are needed at \$12 per person. For more information, please email Sandy at sandy_bainbridge@yahoo.com.

The Summit Seniors Foundation

To make a gift contribution to the Summit Seniors Foundation by a provision in a will or revocable living trust, please mail to: Summit Seniors Foundation, PO Box 1845, Frisco, CO 80443.

Aging Gracefully in Summit

A year-long series of events, presentations and discussions about living a fulfilling, healthy and active life in Summit County for those 55 and older

May Programs

May 5

Death and Dying in Summit County

Regan Wood, Summit County Coroner will discuss what to do if someone in your home dies either expectedly or unexpectedly. Discussion includes people who are under hospice care, on a ventilator, not on hospice care and unexpected deaths. The Coroner will have copies of the Colorado Medical Orders for Scope of Treatment (MOST form) and will also discuss the Do Not Resuscitate order (DNR). Regan will also have information regarding funeral homes and death certificates. Please feel free to ask any questions you may have of the duties and responsibilities of the Summit County Coroner's Office. 12:30 pm—1:30 pm.

No sign up is required.

May 31

National Senior Health and Fitness Day

An estimated 100,000 older adults will participate in local fitness activities throughout the country as part of the 24th annual National Senior Health & Fitness Day (NSHFD), the nation's largest health promotion event for older adults. "With Movement...There's Improvement" is the 2017 national event theme.

Organized as a public/private good health partnership by the Mature Market Resource Center (MMRC), Senior Health & Fitness Day will offer fitness activities for older adults at more than 1,000 locations including hospitals, park and recreation departments, senior centers, health clubs, retirement communities, houses of worship, health departments and other community locations. The event is always held on the last Wednesday in May as part of Older Americans Month activities.

We will host different fitness and wellness activities from 10:00 am—2:00 pm. Why not try out something new this year? We will have previews of different fitness activities, blood pressure checks, nutrition information and much more. You will want to attend for the giveaways and enter into the drawing.

No sign up is required.

The Summit County Community & Senior Center is offering a special series in 2017 to help our 55+ community "Age Gracefully."

We will be hosting information-packed sessions and discussions every month in 2017.

All are welcome!

Questions? Contact us:

Phone: (970) 668-2940

Fax: (970) 668-2954

CandSC@SummitCountyCO.gov

www.SummitCountyCO.gov



Happenings

Kundalini Yoga

Join Melinda for some great yoga classes!
Questions? Contact Melinda at (970) 333-0504.

Mondays, Wednesdays, and Fridays	10am	Senior Center
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N'Balance

This dynamic evidence-based class will help you improve your balance and decrease your risks for falls. We work on dynamic balance facilitation, CORE strengthening, gait skills and coordination. This class is taught by physical therapists Pat Aden and Gini Patterson who are certified N'Balance instructors. Optional class donations accepted. Please contact Gini at (303) 810-6879 or Pat at (970) 668-1812.

Tuesdays & Thursdays	1:15-2:15pm	Senior Center
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FREE Fall Risk Screenings

These free screenings are a great, quick way to get a sense of your balance and risk for a fall. In addition, we will identify what you can do to help decrease your fall risk. Dates and times are available in the Activity Binder at the Senior Center office. If you have any questions, please contact Pat Aden at (970) 668-1812 or paden22156@aol.com.

Tai Chi for Health

Prevent falls and improve quality of life through Tai Chi. Research has shown Tai Chi improves and possibly prevents chronic conditions like arthritis, heart disease, and diabetes. It can improve balance, immunity, and can reduce stress. This is for anyone who wants to improve awareness, mobility, coordination and balance through safe and gentle exercises.

Saturdays 8:30am. Contact Kim at (970) 376-0545.

AARP Safe Driving

The next Driver Safety Class is June 10. This is a fast paced 4-hour class with updated information and activities and complies with insurance discounts in most states. Hosted by Summit County Community & Senior Center in Frisco. Call (970) 668-2940 to enroll.

Line Dancing

WOW! The Senior Center has agreed to book additional dates for our Saturday Line Dance classes. Mark your calendars!
Enjoy line dancing with instructors Maggie Postlethwaite and Patty Penta. Please contact them with questions at Luv2dancemaggie@comcast.net or info@pentaphotography.com.

May 13	10am-12pm	Senior Center Patty
May 27	10am-12pm	Senior Center Maggie

Timberline Toppers Square Dancing

Experience Modern Square Dance. It's not your grandfather's square dance!

- **Saturday May 6th-** Caller is Bob Faunt of Arvada
- **Saturday, May 20th-** Caller is Jeff Palmer of Colorado Springs

Come dance with these fun local callers!

Saturday Dances Breakdown:

- 5:30-7pm: Plus
- 7-9pm: Mainstream

Saturday Dances Breakdown:

- 5:30-7pm: Plus
- 7-7:30pm: Round
- 7:30-9:00pm: Mainstream

Above dances are at the Summit County Community and Senior Center at 0083 Nancy's Place in Frisco.

Always check our website to confirm details at www.timberlinetoppers.org.

Zumba Gold

This program is perfect for older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and strong. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Optional, class donations accepted.

Thursdays	10am-11am	Senior Center
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Happenings (Continued)

Acting

Acting?

A new, still unnamed, activity will produce plays. The sets will be minimal. The tedium of memorization will be eliminated because actors just read their lines. The audience will have low expectations, especially after the first few plays. It turns out, that acting can be a lot of fun when most of the work is eliminated, and when talent isn't required.

Don't be looking to buy tickets to watch, they'll be appropriately priced at \$0. The real fun will be on stage. Please let me know of your interest. No obligations. No fees. Drop a line to danschweitzer@netscape.net. Finally, please have patience. This activity will take time to get started, especially since I spend spring and fall in Moab. Thanks.

Senior Trips

Butterfly Pavilion

This is the first stand-alone nonprofit insect zoo in the U.S.

Date: May 6, 2017

Location: 6252 W 104th Ave, Westminster, CO

Departure: Carpooling from the Senior Center at 8:30am

Admission: \$7 for senior's group rate (based on 10 persons)

Sign Up: At the Senior Center

Deadline: May 1st

Trip leader: Mickie Parsons (970) 468-1977

Lunch following trip: Follow the Ruel, 1386 US Highway 287, Broomfield.



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Senior Trips (Continued)

American Mountaineering Museum

WHERE: Docent led tour of American Mountaineering Museum in Golden, Co. Examine 135ft scale model of Mt Everest (one of two in world), gear from Army's elite during WWII, 10th mountain division area and interactive exhibit on how one sleeps on the face of a mountain. Admission: \$5 at the door.

WHEN: June 17, 2017

TIME: optional brunch 10:30am at Cafe 13 in Golden, or at the Museum at 12:30pm

DEPARTURE: car pool from Senior Center at 8:30am for those attending brunch (please indicate intention) or 10:30am for those only visiting museum

TRIP LEADER: Mickie Parsons - (970) 468-1977

DEADLINE FOR SIGN-UP: June 13, 2017

Opera in Central City

Opera in Central City on Wednesday, July 19, 2017. The opera this year will be COSI FAN TUTTE by Wolfgang Amadeus Mozart.

10 tickets have been reserved for the Summit Seniors at two different price levels both in the Orchestra as follows: 4 tickets @ \$71.70 each in row M and 6 tickets in row P, which is the last row of the orchestra @ \$55.10 each. When you sign-up for the Opera please indicate your choice of seats. Lunch will be offered at \$35.00 per person at the Teller House, and the Opera starts at 2:30 p.m. Lunch on your own is also an option. We will car pool to the Opera leaving the Senior Center at 10:30 a.m. Please contact Andy Searls at (970) 668-0625.

Save the Date: Rockies Game

There are 20 tickets to the Rockies Game Sunday, August 20, against the Milwaukee Brewers, \$10 each. More details to come. Ray and Sharon Smith will lead the trip.

➤ Reach the Senior Market
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CONTACT

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kpowell@4LPi.com or (800) 950-9952 x5870



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Summit County Senior Citizens, Frisco, CO.

B 4C 05-0549

♠ ♣ ♥ ♦ Bridge ♠ ♣ ♥ ♦				
Group	Day	Time	Info	Comments
ACBL Duplicate	Mondays & Fridays	12:50pm - 4:30pm	Mike Huiatt (210) 310-6656	For partners, contact Howard Brown at (970) 468-2313.
Party Bridge	Tuesdays	12:50pm	Drop in	Hobby Room
Note: Please remain fragrance free as some people are extremely allergic to scents!				
Novice Game – May 3, 1:00pm Ladies Bridge – May 3, 9:45am, at the home of Sue Clark. Hosted by Sharon Smith and Wendy Tilden. Sign up in Hobby Room bulletin board or call Carla Carter at (970) 389-3192. <i>Please note we are changing to the first Wednesday instead of the 2nd Wednesday for this month only.</i> Hope you can join us. STAC Games – Mon., May 8 and Fri. May 12 at 1:00pm Mentor/Mentee game – May 10 at 1pm Sectional Tournament at Club (STAC) Silver Points				

Book Clubs				
Group	Day	Time	Info	Comments
Page Turners Book Club				There will not be a Page Turners Book Club in May.
Happy Hour Book Club	May 10	4:30pm	<i>Winter Garden</i> by Kristen Hannah	For more information, contact Diane Williford at rdwilliford@outlook.com

Games, Social					
Activity		Days	Times	Contact	Location/Info
Dominoes		Tuesdays	6-9pm	Sandy Ruggaber (970) 513-8468	Senior Center
Mahjong		Tuesdays and Fridays	12:45pm	Sandy Ladin (856) 275-7187	Senior Center
Cards and Games (Formerly Social Improv Games)		Thursdays & Sundays	1-4:30pm	Diane Williford (970) 368-5226	Senior Center
GALS (Golden Adventurous Ladies of the Summit)		May 6	4pm	Sandy Ruggaber (970) 513-8468	Greco's in Frisco

Quilting				
Group	Day	Time	Contact	Comments
Quilting Retreat	May 13	9am-4pm	Monique Monique.brownson@gmail.com	Hosted at the Senior Center. Please bring your own project and material.
Sit and Sew	May 15	7pm-9pm	Monique Monique.brownson@gmail.com	Hosted at the Senior Center. Please bring anything to work on.
Regular Meeting	May 22	7pm-9pm	Monique Monique.brownson@gmail.com	Hosted at the Senior Center. Show and tell with brief program

**May
2017**

Chef Sara's Menu

Meal reservations are required by 8am the day of the meal.

Reservations may be made by calling the **Meals Hotline at (970) 668-2944** or by signing up in the Meals sign up book at the Senior Center. Please note that we do not call back to confirm your reservation. Dinners are \$12 per person, and lunches are \$4.00 to \$6.00 on a sliding scale based on income level. Checks should be made payable to SCG. Menus are subject to change. After-dinner presentations are subject to change.

DINNER - MONDAYS, 6PM

LUNCH - TUESDAYS, NOON

LUNCH - THURSDAYS, NOON

Please join us for "Happy Half Hour" from 5:30 to 6pm before each Monday dinner!

1 <i>BBQ Chicken</i>	2 <i>Shepherd's Pie</i>	4 <i>Veggie Enchiladas</i>
8 <i>Stir Fry</i>	9 <i>Fajitas</i>	11 <i>Philly Cheese Steaks</i>
15 <i>Pork Loin</i>	16 <i>Buffalo Wings</i>	18 <i>Baked Shells</i>
22 <i>Flank Steak</i>	23 <i>Tuna Casserole</i>	25 <i>Chicken & Rice</i>
29 <i>No Dinner Office Closed</i>	30 <i>Sub Sandwiches</i>	

***Community meals include fresh salad, garden vegetables, bread, dessert, coffee, water & iced tea.
Mountain Meals on Wheels include fresh salad, vegetables, juice and dessert.***

Please note: The Tuesday and Thursday lunch menu may be subject to change based on product availability and attendance.

Mango Salsa (for Fish or Chicken)

Recipe

- 1 mango, peeled
- 1/2 cup peeled and diced cucumber
- 1 tbs. chopped jalapeno
- 1/3 cup chopped onion
- 1 tbs. lime juice+
- 1/3 cup cilantro leaves
- salt & pepper to taste

Preparation:

1. Dice mango and cilantro leaves. Combine all ingredients and mix well. Season with salt and pepper to taste.
2. Can add/substitute pineapple or peach for a more enhanced flavor profile
3. Can substitute lemon juice for lime juice
4. Can add finely diced red pepper

Event Calendar

May

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 4pm Computer Support	2 1pm Caregiver Support SCSC Board Meeting	3 9:45am Ladies Bridge 1:00pm Novice Bridge	4	5 Newsletter Deadline 12:30-1:30 Death & Dying Presentation	6 8:30am Senior Trip 5:30pm Square Dancing
7	8 4pm Computer Support 4:30pm Ask a Cert. Financial Planner®	9	10 9am Canine Companions 4:30 HH Book Club	11 4pm GALS	12	13 9am Quilt Retreat 10am Line Dancing
14	15 4pm Computer Support 7pm Sit & Sew	16 12pm Ask a Lawyer	17 9am Canine Companions 9:45am Ladies Bridge 1pm Medicare	18	19 10am Parkinson's Support	20 8:30am Alzheimer's Talk in Gypsum 5:30pm Square Dancing
21	22 7pm Quilters Meeting	23 9:05am Golf at Keystone Rivercourse	24 9am Canine Companions 2pm Healthy Cooking	25	26	27 10am Line Dancing
28	29 Happy Memorial Day! NO DINNER	30 8:35am Golf at Keystone Rivercourse	31 9am Canine Companions 10-2 National Senior Health 1pm Medicare			

Recurring Weekly Activities

SUN	MON	TUES	WED	THURS	FRI	SAT
1pm Cards & Games	10am Yoga 12:50pm ACBL Bridge 5:30pm Happy Half Hour 6pm SCSC Dinner	12pm Lunch 12:45pm Mahjong 12:50pm Party Bridge 1:15pm N'Balance 6pm Dominoes	10am Yoga	10am Zumba Gold 12pm Lunch 1pm Cards & Games 1:15pm N'Balance	10am Yoga 12:45pm Mahjong 12:50pm ACBL Bridge	8:30am Tai Chi

Classified Ads

Ad Guidelines

- Ad deadline is the **first Friday of the month** for publication in the *following* month's newsletter.
- Please note the rates for ads:
 - 30 words or less: \$10 for SCSC members, \$20 for non-members
 - 31 - 50 words: \$20 for SCSC members, \$50 for non-members

- No ads over 50 words accepted. (The editor reserves the right to change wording as needed.)
- Please email advertisements to CandSC@SummitCountyCO.gov with the subject header on the email: "Ad – Your Last Name."
- Ad payment is due by the first Friday of the month prior. Checks payable to "SCG"

If you have any questions about placing a classified ad, please contact the front desk at (970) 668-2940.

For Rent	For Rent	Services	Wanted to Rent
<p>Costa Rica 3BD/3BA- Luxury condo on Pacific Coast Highway. Onsite hot tub and swimming pools. Enjoy nearby Bejuco Beach, restaurants, horseback riding. Breathtaking ocean views. (SCSC Member Discounts) Lillian Bickel (970) 455-0199.</p> <p>Frisco 2BD/2BA- Condo, sleeps 4-8. Pets considered. Available May and Aug 1-Nov. 1. One month minimum, multiple months preferred. Call or text Deb at (518) 779-1985.</p> <p>Frisco 2BD/2BA- Steps from Main Street, sleeps 6. \$150 a night/summer, \$250 a night/winter. Available short or long term. Call Alysha at (817) 891-3599 or email 337streamside@gmail.com.</p> <p>Frisco 5BD/4BA Duplex- Furnished, N/S, N/P, Available Nov 1-Dec 22 and Jan 5-April 15 2018. Multiple months only, 6 people max. Plenty of storage. Call or text Gale at (818)-640-4957.</p> <p>Breckenridge 1BD/1BA – New, Master suite overlooks Peak 7, Queen log bed, furnished, cathedral ceiling, living room, gas fireplace, large granite countertop, full kitchen, stainless steel appliances, jetted tub, washer/dryer, 2 car garage, minutes to hiking trails. Available long term, call (970)-485-1991.</p>	<p>Isla Mujeres, Mexico 2BD/1BA- Unique townhome on quiet South Point. 20 minute ferry from Cancun, walk to beach, restaurants, and stables. View Sea Turtles and Whale Sharks from the island! Available for 1 week to 6 month rental starting January 2017. For pricing or more information, call Barb at (970) 389-8300.</p>	<p>House and Senior Dog Sitter – My specialty is caring for senior dogs in their homes exclusively in the Eagles Nest/Three Peaks area. Fantastic references. Text Cathy at (585) 236-6612.</p> <p>House Sitting/Pet Sitting: In your home. 10+ years experience. Great References. Available Jan 10-May 15. 3 day minimum stay. (720) 272-2219</p> <p>Piano and Organ Instruction Available for adults in Silverthorne! New York Keyboard Instructor, Accompanist and Church Organist since 1967. Beginners/advanced students are welcome!! Call Jeanie Dedrick Kramer at (970) 468-6566.</p> <p>Real Estate Services Bill Rider, licensed Realtor with Keller Williams in Frisco, is a SCSC member and guide in the 50+ Ski group. Bill pledges to donate 5% of his net commission from any transaction to the SCSC in his client's name. For more information call (970) 423-6347 or riderwww@gmail.com.</p> <p>Summit Legal- Call Niki for all legal services including wills and trusts. Seniors: free consultation and discounted rates. (970) 393-3123 or summitlegal-help.com.</p>	<p>Looking to Rent this Summer – SCSC couple looking to rent June, July, or August. Please call 330-232-5665.</p> <p>Couple looking 2BD/2BA temporary housing- new home currently under construction and will not be ready until July. Senior non smoking couple with NP and are looking for a place June and July. Please contact John (210) 493-1950 or (210) 493-1950 gabby520lasoya@yahoo.com.</p> <p>Dream Tenants- Professional couple available to rent or caretake. Clean, responsible, quiet, no kids/pets. Husband is retired contractor; wife is business owner. Local references. Call 970-227-7297 or email yoga.alli@gmail.com.</p> <p>Responsible Seniors looking to rent a 2 bedroom Condo/ House from Jan. 1– May 1, 2018 in the Dillon/Keystone/ Silverthorne area. Call or text Roy (Experienced Property Manager) at (847) 441-6661.</p> <p>Seeking Housing: Quiet senior seeking 1 bedroom/ Studio/Lock off for 2017-18 Ski Season. References available. Call Lee (312) 771-9753</p>
	<h3>Services</h3> <p>The Cat Sitter- Retired Senior that will stop by your home and take over your cat duties while you are on vacation. Silverthorne area. Call Jan for more info at (970) 389-0448.</p> <p>Handyman Plus-Home repair and remodeling. Flooring, tile, drywall, painting, decks, windows, doors. Honest and reliable. Free estimates and references. Recommended in service provider list for Summit Seniors. Sam Maine (719) 264-9492.</p> <p>House/Pet Sitting—Will run/ exercise your dog as many times a day as you would like. References available. Call Kati (612) 390-6575</p>		

DISCLAIMER: Advertisements listed in this newsletter are not an endorsement by Summit County Government (SCG) or Summit County Senior Citizens, Inc. (SCSC). Ads listed herein are paid for by individuals and agencies who wish to promote their services and/or products and are not sanctioned by SCG or SCSC.

Senior Programs

Care Navigation

Kirstie Taylor, MSW, LCSW and Liz Crandall, MA NCC provide free care navigation services for low-income seniors age 55+. They assist individuals and families with accessing community resources and determining eligibility for public benefits. Schedule to meet with Kirstie at (970) 389-5368 and Liz at (970) 485-1863.

Medicare Counseling

Did you know that you can have your Medicare questions answered in a private 1-hour session at the Senior Center? Services include: Understanding Medicare, Medicare supplements and cost plans, navigating medicare.gov for your best personal Part D Drug Plan, comparing employer retirement plan to Medicare. Call the Senior Center for an appointment.

Medical Transportation

Volunteer drivers provide transportation for seniors to medical appointments to Front Range and Summit County. Two weeks' notice please. If you or someone you know is in need of a medical transport, or if you would like to volunteer to be a driver (vehicle is provided), please contact Niki Vincze at (970) 668-2942.

Mountain Meals on Wheels

Home-delivered meals are available for homebound residents of Summit County. Meals are delivered on Mondays, Tuesdays and Thursdays. Call Niki Vincze at (970) 668-2941 if you, or someone you know, is interested in receiving home-delivered meals.

Outreach Committee

If you know of someone who is ill or could use some cheering up, please contact Andy Searls at (970) 668-0625. She will send them a card.

Phone Tree

We have a phone tree set up for seniors who live alone who would like check-in calls. If interested in receiving or making calls, please contact Sandy Ruggaber at (970) 513-8468.

Computer Classes

There will be no seminars held in May but we'll hold **"Help Sessions"** (see the details below).

There are two ways to sign up for an class: Call the Senior Center, (970) 668-2940, or you can copy the following link and paste it in your browser:

https://docs.google.com/spreadsheets/d/13hrEWzwifggqIV2H2qyxoz--ETNP5v_M4gaNnPe7dZ4/edit?pli=1#gid=1

Once there find which session you want to sign up for and add your name and other requested information to the list below that activity. If you sign up but then decide not to attend, please let us know ahead of time if possible by calling the Senior Center to cancel.

Here are the upcoming Help Sessions:

- **May 1, 4-5:30pm**
- **May 8, 4-5:30pm**
- **May 15, 4-5:30pm**

All of our activities (seminars and help sessions) are held at the Summit County Senior Center and cost \$5.00 (for Senior Center members) or \$10.00 (for non-members) to attend.

- 1 **Help Sessions** - A volunteer will assist you on whatever topic or problem you want to discuss. Just tell us how to contact you and provide us with details on your needs for the session. Remember, you *must* sign up by 9:00 AM on the Friday before the Monday session. Also note that we must limit the number of attendees (or spouse pairs) to six, *so please be sure to sign up in advance*. Bring your devices with you so we can help you work with your own equipment.

Meet the New Computer Class and Seminar Coordinator



Afsi Felsher brings a long career in IT. She started in 1992 & in 2010 she changed her path and started a career in fitness and health for aging adults. She is a personal trainer, fitness instructor, weight management coach, fermentationist, and essential oils educator.

Volunteer Opportunities

See more opportunities in the Volunteer Happenings e-blast or on our website. Contact us at (970) 668-2940 or candsc@co.summit.co.us for more information.

Easy Riders Group Needs New Leadership

Easy Riders Bike group needs new leaders to continue. This event traditionally takes place on Fridays (9:30 AM to ~ 1 PM) June through Sept. Rides vary from about 5 miles to 25 miles as the season progresses. They may be on rec path or back roads (Heeney, Montezuma, etc.). A leader and a sweep allow some riders to go the full distance but others to turn around earlier. Ride schedules from previous years are available. Call Becky Hopkins (668-9494) with questions.

Gleaners Needed

Gleaners are volunteers who pick up food around the county and bring them to the Senior Center to be distributed to people in the community for free. **It is a very important program that we do not want to lose and we very much need more support.** We need volunteers for the following routes:

- Dunkin Donuts -Silverthorne on Tuesday and Friday; pick up mornings after 6am
- Einstein Bagels-Dillon on Sunday at 4pm, Monday at 2pm through June
- Starbucks -Frisco on Wednesday after 10am

Also we are looking for substitutes to cover when primary gleaners are out of town. Even if you have only limited time, one day helps and means the difference of having items or not that week. If interested please contact John and Janet Young at (970) 468-1663 or jyoungsf@aol.com.

FDRD Campsite Restoration Days

Please join the Friends of the Dillon Ranger District (FDRD) on Fridays, 9am-noon, **June 9, July 7, August 4 and September 1** for campsite restoration (cleaning and rehab; no heavy lifting). Work location will be in the June newsletter. For more information, please contact Bonnie Guthrie at bonniesaunders1@yahoo.com.

Membership Renewal Support

The Seniors are looking for a membership person that will send out renewal reminders to the membership. If interested, or need more information, please contact Lorie at (970) 668-2945 or lorie.williams@summitcountyco.gov.

Front Desk Support

The Senior Center is looking for a front desk volunteer ambassador. This person would work a minimum of three hours a week, with a flexible schedule. The job details would be some administrative work, providing information about programs, services, and events in the county. For more information, please call Niki at 970-668-2942 or email her at niki.vincze@summitcountyco.gov.

Senior Center Gardeners

Volunteers will begin work on the Senior Garden in front of the Community and Senior Center starting June 6 and running through the summer. If you would like to help show up Tuesday at 10am. For more information please contact Janet Young at (970) 485-5775.

Domus Pacis

Help create meals to nourish families during their respite stays, allowing them time to relax and enjoy their special days in Summit County. Domus Pacis provides the recipes, ingredients and containers. Donations of ingredients and food storage supplies are gratefully accepted at any time for this monthly project. Sign up online at <http://www.domuspacis.org/how-to-help/volunteer/calendar-job-signup>.

Rummage Sale Storage

The Seniors are in need of storage space for rummage sale items and supplies. If you have some available space, please call Lorie at (970) 668-2945.

Rummage Sale Volunteers Needed

Now that the Winter Games are over, and Spring is in the air, it is time to think about the Annual Rummage Sale. We are looking for volunteers to co-chair our different areas: furniture, house wares, linens, tools, sporting goods, children's clothing, women's, men's, just to name a few. We also need volunteers to help set up on Monday and Tuesday, tear down on Sunday, sort items on Tuesday and Wednesday, etc. Please sign up in the office, or send me an email with days, times and department, you wish to work in. If you have no preference, just let me know, and we will assign you where needed. If you would like to be part of this great fundraising opportunity, please contact Brenda at (815) 258-5843 or bhalberico@gmail.com.

Senior Services

Group	Day	Time	Contact	Comments
Caregiver Support Group	May 2	1pm	Krysta Kolbe For info call (970) 668-2940	Meet at Senior Center. Drop-ins are welcome!
Ask a Certified Financial Planner®	May 8	4:30pm	Aleda Kresge, CFP®	Call to make appointment (970) 668-8448
Medicare Counseling By SHIP Certified Counselors	May 31	1-5pm	Dyann Gray	Call to make appointment (970) 668-2940
Parkinson's Support Group	May 19	10am	Anne Watson	For info and meeting place, please call (970) 390-9690.
Ask a Lawyer	May 16	12pm	Front Desk	Sign up at the Front Office at Senior Center



Kim Nearpass, ND
Justin Pollack, ND



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Outdoor Activities

Hiking Groups Meeting Places: **C&SC** - Community & Senior Center, **SOM** - Silverthorne Office Max, **SP** - Silverthorne Pavilion, **T**– Target, **F** - Frisco Safeway (lot by hwy), **FMS** - Frisco Main Street, **FSS** - Frisco Summit Stage lot, **GH** - Gold Hill TH lot on Hwy 9 across from Tiger Run (Breck), **B** - Breckenridge Gondola. Distance/ Elevation -**RT** = Round Trip; **TH** - Trailhead. *Bring wind/rain gear, water and lunch. Wear hiking boots (no sneakers). NO cotton, including jeans. Except for first –time visitors and guests, SCSC membership is required.*

The Herd of Turtle's Hike (HOTS)- Hikes are from 2 to 5 miles long. Water, hiking sticks, flower books and money for the optional lunch after the hike are good to bring. Hikers DEPART from the meeting place at 9:00AM.

The HOTS (Herd of Turtles) Hiking Group will start hiking in June. Dust off those hiking poles and watch the Senior Newsletters for exact times and places. We suggest warming up those legs in May on the snow free bike paths that abound in our county. May can be a muddy time on most mountain trails. See you in June. -HOTS organizer Jan Vliet 970-389-0448

Canine Companions - Wednesdays 9:00am . Non-dog owners welcome. If weather is questionable, or if you have any other questions, contact Howard Brown, the group leader, at (970) 468-2313 or brown.howard@gmail.com

Date	Hike	Meet at	Leader/Organizer
5/10	Old Dillon Reservoir– Easy	SOM or TH	Joelle (630) 564-2493 jschles@aol.com
5/17	Tenderfoot– Easy	SOM	Joan (303) 903-0964 jxtilden@gmail.com
5/24	Ptarmigan Lookout– Med	SOM	Kari (970) 406-1952
5/31	Dillon Nature Reservoir– Easy	SOM	Becky (970) 668-9494 beckyhopkins_43@live.com

Summit Older Bushwhackers (SOBs) - Moderate An email list of hikers is maintained by Janice Barringer. If you want your name added in order to be notified of any changes, please call her at 303-888-6098 or email her at janicebarringer@comcast.net. Leave on Tuesdays at 8:30am sharp.

Date	Hike	Meet at	Leader/Organizer
6/7	Arctic Park to Mesa Cortina Trail Loop, 4mi/900'	SOM	Don Langmuir
6/14	Lower Cataract Lake, 2.2mi/150'	SOM	Bonnie Guthrie
6/21	Ptarmigan Trail to Angler Lake, 4mi/1000'	SOM	Dave Core
6/28	Horseshoe Gulch from Dredge Lot on Tiger Rd, 2.5 mi/450' or 4mi/850'	GH	Ron and Diane Williford

Walkie-Talkies- Please meet at the designated place at 8:45 a.m. ready to depart at 9 a.m. Bring water, snacks, rain/wind gear, hiking shoes and hiking poles as needed. No need to sign up ahead of hike. Plan on a 3 -4 hr. commitment.

The Walkie Talkies will have information in the June Newsletter about planned hiking trips.

Mountain Goats—Wednesdays (difficult, challenging hikes). Meeting locations: B – Breckenridge South Gondola Lot; F – Frisco Safeway lot; S – Silverthorne Pavilion. Hikes in wilderness are limited to 15; please register.

The Mountain Goats will be meeting at the end of April to discuss dates. Please look in the June Newsletter for information about these hikes.

Golf

The Golf Program this year will include the Keystone River and Ranch courses. Participation of the Raven course has not yet been determined. Expected opening dates for Keystone are May 12 for the River course and May 26 for the Ranch course. This year we will again be issuing the Summit County Seniors Golf Card for a nominal fee of \$5 to all active Summit County Senior members. Last year's cards are no longer valid. The benefits of the Golf Card are detailed below. **Golf Card Benefits:** Keystone River and Ranch

- \$80 for 18 holes with cart when making same day tee times, or book up to 48 hours in advance at golfkeystone.com using Promo Code "LOCAL17". Please note that locals may avail themselves of the 18 hole rate of \$65 when booking same day tee times or online using Promo Code "LOCAL".
- \$10 range fee, 30% discount on lessons (\$35 per 1/2 hr) for a private instruction, 10% discount at golf shops.

The Raven Course benefits are to be determined.

Tuesday Senior League - Keystone River Course

The rate for the League this year will remain at \$65 and typically includes 9 holes of golf, cart, lesson and lunch. Call the Keystone River Course Pro Shop at 970-496-1520 to make your reservation-

Date	Start	Event	Date	Start	Event
May 23rd	9:05am	9 holes	June 13th	8:05am	9 holes
May 30th	8:35am	9 holes	June 20th	8:05am	9 holes
June 6th	8:35am	9 holes	June 27th	8:05am	18 holes

All events begin with a shotgun start.

Special Golf Outings It is the objective of the Golf Coordinator to have two additional outings during the season at other courses. Please contact Tim Lytle at (970) 376-2687 with any suggestions.

Summit County Seniors

PO Box 1845
Frisco, Colorado 80443

May 2017



Photo provided by Art Kalbach

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